

Pathwork™ Steps

The Power of the Word

Study Guide for Online Meetings on PL 233

Week 1: The Word as Energetic Expression of Consciousness

Week 2: The Power of Unspoken Words

Week 3: Choosing Different Words

Week 4: Changing Your World One Word at a Time

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Week 1: The Word as Energetic Expression of Consciousness

You know by now that **all thoughts and feelings are forms of greatest reality** even if you cannot see them. These forms are of far-reaching effect that moves in circles, causes consequences and reactions, which in turn haul along their own consequences, altogether resulting in a long chain reaction. Man may be able to control the more recent chain reactions when they manifest in outer events, but, as said before, that is not enough because the shifting of soul force can only then take place when he penetrates to the core in the unconscious.

[Happiness as a Link in the Chain of Life PL 5](#)

I have often said -- and this applies to all beings, spirit or man -- that your attitudes, your opinions, **your feelings, your thoughts create the spiritual worlds** even though you may still live on earth.
The Fall, PL 21

There are three essential elements that determine life. They are movement, consciousness, and experience. As you may have noticed from a number of topics in the past, as well as from other observations, there are many triads in the spiritual facets of life. The triad forms a whole.

[Movement, Consciousness, Experience PL 119](#)

What is the Word?

The word is indeed the creative agent. The word is a psychic nuclear point or a psychic nuclear explosion [PL 214 & 215] that creates movement and a systematic chain reaction, one link logically and inexorably following another until the word has become deed, fact, and finished creation.

The word creates an energy pattern of further psychic nuclear points, each link, each point being a "word" too, a "sub-creative agent," as it were. **Each word is a blueprint** without which the structure cannot be built.

The word is expression and creation. It is plan, knowledge, opinion, consciousness. The word is feeling, attitude, and intentionality.

The word carries immense energy powers of its own kind, differing from other energies. The word is what is behind all creation. Creation cannot exist without a word spoken, known, held, believed in, and committed to in the area of that specific creation. The word is a conglomerate of all of these and more.

The word that is spoken reveals the will that motivates this particular word. It can be the divine will or the will of the cut-off, ignorant, and destructive particle of consciousness. The word is the sum total of your beliefs in any given area where you speak the word -- be it conscious or not. The word is the sun that creates the planets. It is the energizing force and it is design.

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Visualizing energies created by different kinds of Consciousness.

A world doesn't have to be huge to have an impact. Once there are enough of them, we 'marinate' in a 'soup' made up of our own consciousness. Imagine the spiritual realities that might have inspired these literary phrases from self-help internet sites:

-- "Bad feelings are like the flu. Once one person brings the bug into the environment, it's a sure bet that ten other people will be down with the ailment by the end of the week."

-- "Bad feelings are like a fever. You literally feel the effects in your body, they impede you from behaving normally, and you can't wait until they pass."

-- "Bad feelings are like temperatures to me. I feel them immediately and they affect me deeply. Depending on the situation, I have to either block, absorb or transform the energy."

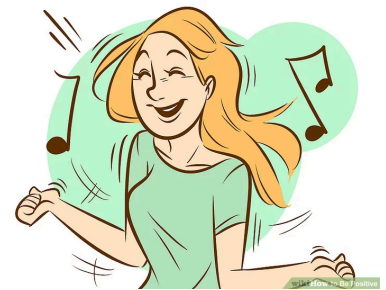
-- "Noticing our feelings and letting them bubble up like a hot spring doesn't usually hurt anyone. However, they may be very hot and we have to respect the feelings, just like you can't do a cannonball dive into a hot springs. <http://www.metamia.com/search-analogy.php>

Exercise 1a: Visualizing thoughts and feelings



Every thought or feeling you have, second by second, become a unique 'world' in a spiritual dimension that co-exists in the same space as our world.

*Imagine creating worlds – like continuously blowing soap bubbles -- as you think or feel, 24/7. Imagine **everyone** creating a world **every** time they have a thought or feeling.*



See if you can connect these visualizations to the feeling impressions you have in different circumstances: in your home or car; on a street or bus; at work; where people mingle together.

Practical Applications

Whatever it is you find you need from others, **verbalize it concisely to yourself**. This will bring you nearer to letting go. You will then know that this is precisely where you enslave, weaken, and paralyze yourself.

Infinite Possibilities of Experience Hindered by Emotional Dependency PL 157

It is our aim on the path to make all these words you speak day in and day out, every hour and every minute of the day, conscious **so that you can understand your creation.**

Most of the time mankind is extremely "busy". You block out the words you speak, and you produce noise in your inner system so that you do not hear your own words. A new phase on your path can now be contemplated and entered into; to make yourselves very conscious of the words you speak and what and how they create.

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Exercise 1b: Visualizing feelings of Love

“Love is a feeling, and this feeling must result from an act of will motivated by intelligence.”

[Some Aspects in the Anatomy of Love PL 240](#)

Look at your words of love. Are they connected to feelings, or only meant to please?

Do your words originate from your [Inner Will or your Outer Will? PL 64](#)

When you feel love for a ‘thing’, visualize what it actually represents; memories of a special moment of connection or realization, a validation of your positive intention, etc.

Daily Review PL 28

Exercise: Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware.

Each week, see if you can relate with the sub-topic.

Notice any words or phrases that you say or hear frequently.

Notice if they fit or conflict with your values, beliefs, desires or aspirations.

Where your words are incongruent, notice what happens when you stop using them, or just lightly protest their use.

All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit: 10 per day). Eventually, this can become a thought process. The Guide refers to Daily Review as ‘spiritual hygiene’.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences.

Week 2: The Power of Unspoken Words

Let us concentrate now on specific words that reach very deep levels of your being. I mean here the word you speak regarding your own value. The same applies to everything in life. While you are in this state of division and self-denial, you must feel pessimistic and fearful about the world as such and see it only in fragments, out of context, reaffirming your fearful visions.

Thus the process of the path is essential to establish the one-pointed word.

Begin to see the words you speak behind the smoke screen, to yourself about yourself. On those deepest levels you malign yourself. You speak negative words about yourself. Those words need to be crystallized. They may exist only in a vague, hazy, inarticulated way. The power of the word is no less when it is inarticulate. There always is an immense power in the word.

You can say a word with a loud voice, or you can say a word inside of you. The word that is not uttered by the voice, that is not heard by the ear outside is not necessarily less powerful than the uttered word, pronounced with the vocal cords. Many words are spoken with the vocal cords that have much less energy, for they are not rooted in strong beliefs. They are lightly uttered without feeling or conviction, to fill the void within. The power of these words is an indirect one in that these words create fog that separates the consciousness from the words spoken within that do have the power either constructively or destructively. So the lightly uttered word, without impact, without driving force, without depth, and without roots -- be it spoken or be it the pitter-patter of thoughts -- has nevertheless a serious effect on the creative process that each human being wittingly or unwittingly sets in motion.

By observing and identifying them, you will gain a better understanding of how you create your life and what your creative process is. See the powerful words you speak behind that curtain, that fog of separation.

There are many powerful words you speak with the thoughts that are hidden, that are unclear to your observing consciousness, to the awareness that would permit you to utilize this material. You need to clearly enunciate the feelings, the convictions, the ideas that need to be examined as to their truthful nature and their effect on your life creation, your behavior, your receptivity and unhampered perception of reality -- your own and others' and life's.

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Exercise 2a: Noticing de-valuing thoughts

Notice any derogatory words you feel or think about yourself. Do you really believe them, or are you just afraid they are true?

Notice where you think or feel critically of others out of fear or pessimism. What are your real hopes, beliefs, dreams about the world? Are these different from the words you say?

Questions are also often words of truth

"Is this assertion of my value a defense or a real expression?"

"Underneath my superiority and arrogance, do I falter and doubt my intrinsic value?"

When answers to these questions show that this is indeed so, then the word of truth can be expressed, perhaps again by an initial question:

"Is it true that this or that lower self aspect makes me undeserving, unlovable, bad, valueless? Or is there something else in me that would justify me to appreciate and love myself, that deserves esteem and fulfillment?"

The word can be divided within itself

When you speak opposite words that cancel one another out on different levels of awareness, you become confused **and you create accordingly**.

If you create fog so as not to know the words you speak, to overshadow them with other words, it is necessary to painstakingly crystallize the word that is most responsible for the creation of your life situation.

You should do this with both the positive and negative creations.

In a sense you have already done this, but not in this clear way. You now become more ready to handle the sharp tool that speaking the word can be. This knowledge in itself is not new. It has been postulated throughout the ages and is professed in various corners of the earth. But often it is applied on top of the fog and the negative words without lifting out the obstacles and counter-currents.

Words of truth and creative beauty spoken when the underlying material is not made compatible with those levels of consciousness that speak those words can at best create a short circuit, at worst a split and a division in consciousness.

Uncovering Negative Intent

This is why it is preferable if for a while "the word" is an honest admission and exposure of your negative intentionality and your lower self motives. Doing so implies attitudes of truthfulness, humility, courage, faith, and many other higher self qualities.

But speaking words revealing principles of divine nature when the lower self is hidden and denied implies attitudes of wishful thinking, pride, lack of faith (fear of exposing what is not perfect), laziness (shirking the process of becoming, growing, developing, transforming in realistic, painstaking ways), and many others.

So you see, my friends, it is a matter of subtle awareness when the word of divine limitless abundance can really be spoken in truth.

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It is a tremendous battle for you to fully assume responsibility and to let yourself know the consequences of your negativity, of the hurt you inflict on yourself and others. You do this even with your thoughts and intentions even when they are not carried through into action.

The next step in the transition that you allow yourself to see how you make the world responsible for your misery instead of connecting your misery with this or that particular negative attitude in yourself. For you are now at the point where you can admit your intent to give nothing of yourself and yet expect everything to be given you.

But you still fail to make the connection between the misery you experience, the dissatisfactions and the frustrations you experience, the feeling that life goes by without really fulfilling you, and the negative attitudes which you already know exist in you. This is the step that must be undertaken.

The Roscoe Lecture – Inspiration for the Pathwork Center PL 209

Exercise 2b: Meditation

"Be still and know I am God" is in every one of you.

Be still and know that deep within you is the nucleus of God that will speak to you. And you will help it if you say words such as:

"Let go, let go of the mind and its preconceived ideas and its ingrained negativity. Let go of the habit and let God. Let in new attitudes, new feelings."

"I have the power in me to let God manifest. I surrender to this will of truth and beauty. I want the love and the truth of God to instruct me. I want to give the best of my conscious life to the truth and love and beauty of my innermost being unfolding. I will not shy away from destroying my self-image, my vanity, my pride.

For the truth and the beauty and the love of the supreme spirit within me are more important than my little vanity and my little self-righteousness. I dedicate my life to the spirit of the universe."

The Roscoe Lecture – Inspiration for the Pathwork Center PL 209

Finding words that express our thoughts and feelings is a process. Different cultures find ways to verbalize commonly held concepts in single words. These often require entire phrases in English!

Fiero - Italian - ‘the pleasure that comes from when you met a challenge that has stretched you’

Hygge - Danish - ‘warm and cozy with good food and drink’

Han - South Korean – ‘a sadness too deep for tears, which is nonetheless not devoid of hope’.

Week 3: Choosing Different Words

When you discover the power of the word and choose different words, words that are according to the truth of creation, **you then create a pattern** in which the involuntary process carries you in benign love, in ever expanding joy and abundance.

When you do not have joy and abundance -- outwardly and inwardly in your life -- **you must be speaking words that deny this possibility for you**. But the conscious awareness may at first merely be a general sense of pessimism, of nihilism and vague fears, as well as a total disconnectedness from the inner process of self-creation.

All of you, my friends, carry such a word in you -- some more, some less, some in one way, some in another. Find that word in you. Find the word in which you consequently say "*I will not love, love is dangerous, it will hurt me.*" You are then caught in an involuntary process that indeed echoes that word, manifests that word.

When you begin to observe the ongoing dialogue within, you will often see that your words are there on a quite conscious level, but you do not take notice of them. **And sometimes the words you speak are really not on a conscious level and need to be dredged up**. But there are always hints and clues one can follow that make their existence quite obvious if only you choose to make the connections.

Take responsibility for the words you speak

I purposely say "words" rather than "thoughts," for we know that thoughts are only the outcome of the underlying factors that create the word. **The word is the energy explosion**. The word is that which immediately creates. The thought is the content. The word is its inception, its expression, its realization in its first stage. A thought without the word would be impossible. It would be meaningless, it could not exist. So the thought is the underlying consciousness factor of the energetic process. The spoken word is the finished product of the thought behind it. I repeat: this finished product of the thought -- the word -- is not necessarily conscious or articulate or vocal.

So my friends, take care of your words. Make room for clarity in your words. Take responsibility for the words you speak within. Your words are your life creation. Question the words you speak, whether they come from a thought of truth or a thought of untruth.

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Exercise 3a: Listen to your casual conversations

1. Take a step back / activate your Observer Self (ref: [Chapter 3 of The Undefended Self](#)) so that you can hear and evaluate them.
2. Listen to the underground 'noises' of the words you use.
3. Visualize the negativities you express. Imagine how they impact your energetic field.
Then --
4. Choose different words, based upon a deeper level of your consciousness.
5. Notice the energetic changes. Does anyone else in the conversation notice a change?

Thoughts vs. Words

A thought can be revised, it can be rejected, it can be debated. The word is already the finished product of it and is therefore the beginning of the creation. It is that which clinches the thought, as it were. So differentiate between the word and the thought.

For example, if you think you are unworthy of the best life has to offer, you can question that thought. But if you speak that word in you, it is already a creation that is taken for granted, never challenged, never debated, and therefore uncorrected.

And in that way it is given power, constant power, a power that is not visible or noticeable to you. But it is an undercurrent on which the boat of your life, the vehicle of this incarnation, constantly swings and rocks. It is as though you are carried by that current, and indeed so you are. But you are no longer connected with the current. You do not know that you created the current through the thoughts that create the words you speak -- the unchallenged, unquestioned thoughts you utter within your own mind.

So what you need to do is to realize that where the creation is undesirable and limiting, you must look for and challenge the word responsible for this state. **You must begin to say different words.**

Words in Opposition

My dearest friends, it is also important for you to understand that the word that is superficially spoken, while underneath the opposite word persists, will of course only **create a short circuit**. So if you say on a superficial level of your mind, *"Yes, I have all the value,"* it is not going to "take." And you do this constantly. You pay lip service to many truths in your mind and in your thoughts, and you say the words, but **you do not challenge the words that are opposite**. The only way you can know, at first, that you speak such opposite words at all is by the results and the manifestations in your life. This is the absolute proof of what words are spoken within. There can be no mistake about that.

Look at the life situations that make you feel less than happy. Feel the involuntary process that carries you in that pattern, creating over and over again situations and manifestations that make you less than happy or unhappy.

And then search within you for the word you say that creates this. What is specifically the word in this or that situation? I tell you, my friends, it will not be so difficult for you to unearth this now. **At the beginning of your path**, before your present awareness, you would have been convinced that the superficial, positive word is all there is, and you would have used the fact that the opposite experiences exist nevertheless as a proof that life is unfair and untrustworthy and that your own inner processes have no bearing on it. **You would have only convinced yourself further that man is a victim of life.** However, now that you have gone deeply enough to know not only your lower self and its negative intentionality but also your unfortunate hate for yourself and lack of faith in your higher self, in deserving fulfillment, in your rights to expand and stretch your consciousness into more alternatives for fulfillment -- now that you know all that, you will really be able to **find the words you still speak in this or that area of your life.**

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Week 4 Changing Your World One Word at a Time

Giving and receiving are one

This knowledge is often merely a mental and superficial one and not yet an experiential one. Emotionally and experientially there often is still quite a division. But you are becoming increasingly aware of the oneness even in the division.

Let me be more explicit. **When you speak the word of self-devaluation** into your inner being, you must become fearful, you must deny moving out, you must prevent your heart from flowing to the next one. And you then, in this miserable state, believe that all you need in order to be helped out of this state is to be loved. But when love is given you, no matter how you long for it, you cannot accept it. You find ways and means to prevent taking it. Here, even in your divided consciousness, you find the unchangeable unity: **as you do not give, you cannot receive.**

Taking is directly dependent on your awareness of having earned the right to do so, of being worthy of it. And giving your love is equally dependent on that, for if you are not aware of your worthiness, receiving love threatens a worse punishment and exposes you to the pain of your real feelings -- which is the sense of worthlessness.

You can give love only when you can feel deserving of the pleasure to do so. And you can receive love only when you feel deserving of it, which cannot be if you do not wish to love.

No one else can give you the worth and the love that you need first to extend yourself. The fallacy of the thought that “if you were loved you could then also love” no longer has any room in your consciousness. It simply does not work. **It is a false word you speak to yourself** on some level. But as you try it out and observe it objectively, you see there is no truth to it.

[The Night One Person Saved the World](#)



The Law of Brotherhood is that every person matters. Some of us manifest that spiritual reality on the earth plane more than others. On September 26, 1983, Russian technical analyst Stanislav Petrov decided that a computer showing 6 rockets launched towards the USSR were a false alarm -- and avoided (or delayed) WW3. Petrov died May 19, 2017.

You are often given to, but you reject what is given in sincere love from others and God, from life itself. The word you speak thusly creates the false unity of neither being able to love nor to receive love. **Only when you speak different words**, deep inside, with all the feelings and all the conviction as a result of penetrating those deeper levels and transforming the false words into one clear-cut strong creative movement of the word, will loving and being loved become a oneness and not an impossible division.

Not being willing to accept what is given is a crass form of ungivingness. Taking is already a giving if it comes from sincerity rather than from the cheating, grabbing, acquisitive little lower self. Think, my friends: if you have something to give and it is not wanted, not taken, it hurts. But when the other one takes it, he gives to you by taking it.

Constantly you must see that in the taking is the giving and in the giving is the taking, the receiving. Even when the process alternates, you will find yourself in one stage more receiving and less able to give; or giving through your sincere receiving. That is all right. Receive it in truth and beauty, and you shall become stronger in the other kind of giving, too, where you give out actively from your resources.

Speak the appropriate word to you, the word that will create the greater power to give and receive, each in truth, wisdom, beauty, and divine will. It will become an endless flow. Giving and receiving will no longer be differentiated, for they are indeed undifferentiated. But in your words deep inside of you, they seem opposites and thus you create conflict.

Exercise 4a: Speak the words *"I am God. I am worthy of the best. I can give the best. I will give the best. I will let God give through me in sincerity, in strength, in truth, in wisdom, in beauty."*

Why does it seem to take courage to speak these words, my friends?

It seems to require courage for several reasons:

1. **Your lack of belief** that these words are actually a creation and will create accordingly requires to bridge the gap from not knowing to experiencing. This gap can be bridged only by faith, and that, in turn, is a question of commitment. The courage to strongly pronounce these words is a necessary step and prerequisite. Faith is always courage and strength.
2. The false safety measures, into which so much false faith was invested, often for a long time, **need to be relinquished**. Unless this is done, the word cannot be spoken; therefore the creation cannot be forthcoming.

Even though words of untruth are still spoken in those same consciousnesses, yet the **words of truth that are also spoken have created a stronger power**. And that power in turn has made it possible for divine spirits and entities and guidance to come forth in ever stronger measure, in conjunction with your own inner divinity.

This is a new tool, a tool that can now be meaningfully used and that could not have been so in the past. Use it, try it, experiment with it, and see the beauty of life opening up more and more. The love of all of us in our world constantly flows to you. Receive it. You are blessed, be in God!

Exercise 4b: Now, my friends, go into your words.

1. Observe the shallow ones, observe the words of untruth, consider in what way are they untruth.
2. Have the courage to speak the word of truth. Visualization cannot exist without a word of truth being spoken. This must become very clear to you so that more false words are challenged and given up. It seems to take a lot of courage to say the word of truth.